**How to Use WIC Approved Foods**

**THIS QUARTER'S TOPIC: WHOLE GRAINS**

**BENEFITS**

- Whole grains include all parts of the grain: germ, endosperm, and bran
- They have lots of fiber which helps keep you fuller longer and your bowel movements regular
- Iron is an important nutrient that can be found in whole grains
- Make half of the grains you eat, whole grains!

**Quarterly Shopping Tip:**

**Buying Whole Grains**

- Look at the Label - Needs "100% Whole Wheat"
- Most WIC approved foods are 16 ounces (oz)
- Check the Ingredient List - does it say "whole wheat?"
- Note: Some whole grains, such as tortillas/wraps, and whole wheat pasta MUST be a specific, approved brand

You can download the Wisconsin MyWIC app making shopping so much easier.
Simple Ways to Incorporate Whole Grains into Your Diet

- Get Toasty: Top your toast with peanut butter and banana
- Create a burrito or breakfast bowl: add all your favorite burrito or breakfast sides into a bowl with brown rice!
- Quick snack: add cheese to one side of a whole wheat tortilla and fold in half- microwave for 15-30 seconds or until cheese is melted
- Add veggies to cooked pasta and toss in Italian dressing or olive oil for a spectacular, summer, side dish!

**RECIPE IDEAS**

**Thai Peanut Noodles**
Yields 4-6 servings

- 8 ounces Whole Wheat Spaghetti Noodles, dry
- 1/2 cup Peanut Butter
- 1/4 cup Low-Sodium Soy Sauce
- 3 Garlic Cloves or 1 1/2 teaspoon Minced Garlic
- 1 tablespoon Canola/Sesame/Peanut Oil
- Fresh/Frozen/Canned Vegetables (carrots, peppers, broccoli, cauliflower, water chestnuts, kale, snow peas, or stir-fry blend)

Directions:
1. Cook pasta according to package directions. While pasta is cooking, heat oil in a large pan.
2. Add vegetables and saute until crisp tender - when vegetables are heated thoroughly but still have a crunch.
3. In a small bowl, whisk together peanut butter, soy sauce, and garlic. Add to drained pasta and stir. Toss in vegetables and serve.

**French Toast Bake**
Yields 4-6 servings

- 1/2 Loaf Whole Wheat Bread
- 4 Eggs
- 1 1/4 c. Milk
- 1 T. vanilla
- Optional: Cinnamon
- Toppings options: Fresh/frozen/canned fruit

Directions
1. Cut bread in cubes and place in a greased 8x8 pan.
2. In a bowl, mix together eggs, milk, and vanilla. Pour evenly over bread.
3. Cover pan with plastic wrap and refrigerate overnight.
4. Bake at 350 for 30-45 minutes, or until eggs are set.
Serve with your favorite toppings!
Recipe Adapted from: https://lilluna.com/french-toast-bake/#comment-872813

**Fried Rice**
Yields 4 servings

- 2 cups Brown Rice, cooked
- 1 Tablespoon Canola Oil
- 2 Eggs, scrambled
- 1 Tablespoon Low-Sodium Soy Sauce
- Various Cooked Vegetables (carrots, peas, onions, peppers, broccoli, cauliflower, water chestnuts, or frozen stir-fry blend)

Directions
1. Heat oil in a medium pan, add rice and vegetables. Once heated, create a hole in the middle of the rice mixture and add eggs. Allow to sit for 30 seconds and then gradually scramble. Add soy sauce and stir to combine. Serve immediately.